# Case study:

K.S. 20 year old female with a diagnosis of type 1 diabetes, celiac disease, depression and anxiety disorder. Presents to clinic with a decreased appetite related to her depression. Patient has had a weight loss of 11.4 kg over the past 12 months. Patient does not always follow a gluten free diet, also has very poorly controlled diabetes with a Ha1c >14%. Per food recall, patient is meeting less than 75% of estimated energy needs, patient reports this has been her typical intake over the past 6 months.

# Anthropometrics

Wt: 43.7 kg

Ht: 162.5 cm

BMI: 16.6 kg/m2

NFPE:

Orbital Region Signs: somewhat hollow look, slightly dark circles Anterior Thigh Region: obviously thin

Patellar Bone Region: bones prominent, little sign of muscle around knee Clavicle Bone Region: Some protrusion in clavicle region

No sign of fluid accumulation

1. What is this patent’s percent weight loss over 12months?
2. How would you categorize the NFPE findings (mild, moderate, severe?)
   1. Orbital Region:
   2. Anterior Thigh Region:
   3. Patellar Bone Region:
   4. Clavicle Bone:
3. Write a PES statement for diagnosis of malnutrition